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Step-by-Step Directions for Olympic Wushu Taijishan (Tai Chi Fan) Routine

Olympic Wushu Taijishan refers to the competitive Tai Chi fan routine used in official wushu competitions, including the Youth Olympic Games. While the search results provide general context and some step-by-step breakdowns for Tai Chi forms, detailed, official step-by-step instructions for the specific Olympic Taijishan routine are not fully listed in the results. However, based on available resources and standard competitive Taijiquan/Taijishan practice, here is a general guide:

Preparation and Warm-Up

- Begin with a full-body warm-up focusing on wrists, ankles, shoulders, waist, and knees to ensure flexibility and relaxation[1].
- Practice basic Tai Chi walking and stance transitions to prepare for the routine[1].

General Structure of a Taijishan Routine

A typical Taijishan (fan) routine includes a sequence of movements combining traditional Tai Chi postures with fan techniques, performed with slow, continuous, and coordinated motion. The routine emphasizes:

- Balance
- Flexibility
- Coordination of breath and movement
- Expression of Tai Chi principles (softness, flow, rootedness)

Step-by-Step Example: Opening Sequence

1. **Commencing Form**
   - Stand with feet together, fan closed at your side.
   - Shift weight to the right leg, step out to the left, and evenly distribute your weight.
   - Slowly raise both arms (fan in right hand) to shoulder height, then gently press down with the hands as you sink the body[2].
2. **Opening the Fan**
   - Bring the fan in front of the body, open it with a clear snapping motion, synchronized with a gentle exhale.
   - Maintain a relaxed posture with shoulders down and elbows slightly bent.
3. **Basic Stances and Postures**
   - Transition into a bow stance (gong bu), extending the fan arm forward while the other arm follows in a rounded, guarding position.

- Move through traditional Tai Chi postures such as "Single Whip" or "White Crane Spreads Its Wings," adapting the fan position accordingly[3].

4. **Fan Techniques**
   - Incorporate fan-specific movements: opening, closing, flipping, and sweeping with the fan, always coordinated with body and footwork.
   - Emphasize smooth transitions and clear, expressive fan actions.

Sample Movement Progression (Adapted from Standard Competition Forms)

Step	Movement Name	Description
1	Commencing Form	Step out, raise arms, press down, open the fan in front of the body[2].
2	Grasp the Peacock's Tail	Shift weight, sweep fan in a circular motion, coordinate with body turn[3].
3	Single Whip	Extend fan arm to the side, other arm curves, shift into bow stance[3].
4	Brush Knee and Twist Step	Step forward, brush knee with free hand, fan sweeps across[3].
5	Parry and Punch	Parry with fan, punch with free hand, maintain rooted stance[3].
...	...	Continue through postures, integrating fan techniques.
Final	Closing Form	Return to starting stance, close the fan, lower arms and relax[3].

Key Points for Each Movement

- Maintain upright posture and relaxed shoulders.
- Coordinate breathing with movements: inhale during opening/raising, exhale during closing/lowering.
- Focus on smooth, continuous transitions and clear fan technique.
- Express Tai Chi principles: softness, rootedness, and flow.

Additional Resources

- For visual step-by-step instruction, refer to official training videos such as the Dakar 2026 Youth Olympic Games Wushu Taijishan Techniques Training Workshop[4].
- For detailed breakdowns of Tai Chi competition forms (without fan), see the 42-form Tai Chi routine, which shares many foundational movements with Taijishan[3].

> Note: The exact sequence and choreography for Olympic-level Taijishan may vary according to the competition rules and the athlete's optional routine. For official competition, always refer to the International Wushu Federation (IWUF) guidelines and official instructional videos[4] [5].

If you need a specific breakdown of each movement in a particular routine, please specify the form (e.g., 42-form Taijishan, Youth Olympic routine) or consult official IWUF resources and instructional videos for the most accurate details[4] [5].

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1. https://www.youtube.com/watch?v=NsZaY-EMpiA
2. https://www.youtube.com/watch?v=d-aiCsu9g0s
3. https://www.youtube.com/watch?v=XSSxt9A4QGI
4. https://www.youtube.com/watch?v=8ItyFnEiK9U
5. https://iwuf.org/en/sport-wushu/competitive-wushu/taolu/